

NIH Clinical Center Patient Education Materials

Welcome to 5 Southwest North (5SW-N) and 7 Southwest South (7SW-S) Metabolic Care Inpatient Units

Contact Information

Phone: 301-594-8707

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Visiting Hours

9a.m. - 9p.m.

The Clinical Research Nurses on 5SW-N and 7SW-S Inpatient Units care for adults who are enrolled in a variety of National Institutes of Health (NIH) research studies. Our team works together to give you the best care during your time at the Clinical Center. Here is some information about what you and your family can expect.

What happens when you arrive?

Please tell us right away if you have:

- Signs of infections (fever, runny nose, diarrhea)
- A history of being on isolation
- Respiratory (breathing) symptoms; if so, please ask for a mask and put it on right away
- MRSA, VRE, CRE, KPC or any other similar infection (or a history of these infections)

What are isolation precautions?

If you have a disease that could spread to others, then we may ask you to wear a mask while in the hospital. You may also need to follow rules about leaving the room.

Your nurse or doctor will explain what to do. By following these rules, your family can help stop the spread of diseases.

Do you need identification?

We will give you an ID bracelet to wear on your wrist. Please understand that you need to keep it on at all times. The ID bracelet will serve as identification for lab collection and medication administration at NIH.

What should you bring with you?

Please bring an up-to-date list of your medicines and dosages with you, including over-the-counter and herbal

medications and vitamin supplements. Let your nurse know if you have any drug allergies.

If you did bring in medicine, take it home with you, or give it to your nurse. If you need medicine, our doctors will prescribe it. You should stop using any medicines or supplements that you brought from home. If your NIH doctor prescribes medicines to take home that are related to your research study, they will be filled at the Outpatient Pharmacy on the first floor. The hours are:

- Monday –Thursday: 8:30a.m. - 6p.m.
- Friday: 8:30a.m. - 8p.m.
- Weekends and Holidays: 8:30a.m. - 12:30p.m.

What can you expect during your visit?

The Metabolic Program is a multi-Institute inpatient and outpatient unit to support clinical protocols that focuses on the study of metabolic processes and nutritional diseases, such as obesity. Studies include:

- Metabolic testing, such as complex timed provocative testing, frequent blood sampling, exercise testing, and resting energy expenditure
- Tests to support obesity research, such as tissue biopsies, point of care testing, and cardiac monitoring
- Studies to address body image issues due to weight

Vital signs, height, and weight will be taken daily between 6a.m. and 7a.m. A Resting Energy Expenditure test will be performed before any scheduled serial tests.

You might also need tests like x-rays or blood tests for both the research study and medical care. Your doctor or nurse will talk to you about why the test is needed and what happens before, during, and after the test.

You may need to go to another part of the hospital for blood tests in phlebotomy. Phlebotomy is on the 1st floor, and it is open Monday through Friday, from 6:30a.m. to 4:15p.m.

You can visit other areas within the Clinical Center, but, before going, please:

- Check with your nurse to see if you are scheduled for any tests or medications.
- Tell your nurse that you are leaving. This is important in case we need to find you for anything.

Are computers, TVs, and phones available?

Computers, televisions, and telephones are available in each patient room, and you may make free local calls and use the wireless internet.

How do you receive meals?

A refrigerator is not provided for outside food brought by patients or family. Protocol-specific meals will be provided by the metabolic kitchen and will be delivered to the unit as per pre-set schedule. Please remember that meals are only for patients, not visitors. Meals could be checked when delivered and you may be expected to eat all of your meals, depending on your protocol. Patients on protocol meals must have permission to eat food from another source.

What are the rules about visitors?

A visitor may accompany a patient to the designated unit, into the room of the patient whom they are visiting, and into common rooms (lounges, cafeterias, playrooms). Please keep in mind:

- Visitors who have been recently exposed to an infectious disease (for example, impetigo, chickenpox, tuberculosis, hepatitis) may not visit.
- Visitors with cold or flu symptoms are discouraged from visiting.
- Visitors must wash their hands or use hand sanitizer when coming in and leaving your room to prevent spreading germs
- The bathroom in your room is only for you and other patients. Visitors should use the Clinical Center's public bathrooms.
- NIH is a smoke-free campus. If you have any questions about our smoking policy, please talk to your health care team. The NIH police may fine anyone who smokes on the NIH property.
- Kids under age 14 must be supervised by an adult at all times. Your nurse may approve teens aged 14 to 18 to visit without an adult.

How can you do laundry?

Washers and dryers are available for your use at no cost. They are located adjacent to some inpatient units. Ask at the nurses' desk for directions. There is also a dry

cleaning service available through the Gift Shop on the B1 level of the Magnuson Center.

How can you send and receive mail?

We deliver mail Monday through Friday. Please ask family and friends to write "Patient Mail" on their envelopes and packages. They can send mail to:

Name

NIH Clinical Center Unit, MSC 1529 (5SW-N) or
1377 7SW-S)

10 Center Drive

Bethesda, MD 20892

If you need to send mail from the unit, envelopes and stamps are available at the self-service post office near the bank on the B1 level.

What if you have health problems at home?

If you have an emergency while you are off the unit or once you are at home, call 911 right away.

After a discharge order by your team, the nurse will initiate the discharge process during which time your home medication will be returned; make sure all your personal belongings, including your cell phone, chargers, and supplies are packed; and, take home medicine collected from the pharmacy. Your nurse will give you printed discharge instructions to sign.

Patient Portal

The patient portal provides patients with secure access to view selected medical information and the Patient Handbook online at any time.

To create your child's account, visit the website:
<http://patientportal.cc.nih.gov>

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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[Questions about the Clinical Center?](#)

